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HOW I QUIT OVEREATING &

BECAME A BETTER COACH

Healthy Habits with Louise Anne Maurice



DEVELOP HEALTHY HABITS TO QUIT OVEREATING

WITH LOUISE ANNE MAURICE

While intermittent fasting (IF) and time-restricted eating (TRE) share some similarities, there are distinct approaches to eating patterns. Here's a breakdown of the differences:

Intermittent Fasting (IF)

Definition: IF is an eating pattern that alternates between periods of eating and fasting. It doesn't specify which foods to eat but focuses on when to eat.

Variety of Methods: There are several methods, such as:

16/8 Method: Fast for 16 hours and eat during an 8-hour window.

5:2 Diet: Eat normally for 5 days of the week and consume very few calories on the other 2 days.

Eat-Stop-Eat: Involves 24-hour fasts once or twice a week.

Flexibility: IF provides flexibility in choosing fasting and eating periods, which can vary day to day.

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Time-Restricted Eating (TRE)

Definition: TRE is a type of intermittent fasting that involves eating all meals within a specific time window each day, typically ranging from 6 to 12 hours, and fasting for the remaining hours.

Consistent Daily Schedule: The eating and fasting periods are usually consistent each day. For example, eating between 10 AM and 6 PM and fasting from 6 PM to 10 AM.

Focus on Circadian Rhythm: TRE often aligns eating times with the body's natural circadian rhythm to optimize metabolic health.

Key Differences: IF offers more variety in fasting and eating patterns, whereas TRE is more structured with a consistent daily eating window. TRE emphasizes regular daily eating periods and aligning with circadian rhythms, while IF can have more varied and flexible fasting schedules.

These worked for my lifestyle and body. ****Remember to always take responsibility for the choices you make. However, it is always recommended to consult with a healthcare professional before making significant changes to your eating patterns as every BODY is different****

Take Empowered Habits a step further by understanding the root cause of unhealthy habits in every area of life.

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- “In the beginning I was skeptical to enroll but after going through section 1, I was certain that I want to finish the course. The course covered the holistic wellbeing dimensions and the instructor was passionate as well as knowledgeable. She has impacted a great amount of knowledge and coaching skills. This will definitely add value to my career as a wellness practitioner.”



Take Empowered Habits a step further by understanding yourself so that you can understand others.
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- “A lot more detailed than other courses and I appreciate the thoughtful approach thus far. Getting further into the practicums, the advice is practical and very clear. Simplicity is underestimated and this is a very simply put training. It applies to my natural style very easily which very naturally aligns to what I know Life Coaching as.”



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In Life

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Benchmark 3	30
Benchmark 4	40
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